



Aging and Disability  
Resource Center (ADRC)

920-386-3580

800-924-6407

FAX: 920-386-4015

hsagingunit@co.dodge.wi.us

Aging and Senior Dining

920-386-3580

Transportation

920-386-3832



Find us on  
Facebook

Dodge County ADRC



[www.co.dodge.wi.gov](http://www.co.dodge.wi.gov)



## ADRC Recipe Box Turkey Pot Pie Soup

### Ingredients:

- ◆ 1/4 C. flour
- ◆ 2 C. turkey stock
- ◆ 4 C. fat free milk
- ◆ 2 large celery stalks, chopped
- ◆ 1 1/2 C. onion, chopped
- ◆ 8 oz. sliced mushrooms
- ◆ 2 T. parsley, chopped
- ◆ 8 oz. frozen peas and carrots
- ◆ 1 tsp. turkey bouillon
- ◆ 2 med. potatoes, peeled and cubed

**Serves 8**

**192 cals per serving**

- ◆ 16 oz. cooked turkey breast, diced or shredded
- ◆ Ground pepper

### Directions:

1. Create a slurry by combining 1/2 c cold stock with flour in medium bowl, whisk until blended and set aside.
2. Pour remaining stock and milk into large pot and bring to boil.
3. Add celery, onion, mushrooms, parsley, pepper, veggies, and bouillon. Partially cover and simmer about 20 minutes.
4. Add potatoes and cook until soft, about 5 minutes.
5. Add turkey and slowly whisk in slurry. Cook another 2/3 minutes, until soup thickens.



TO OUR FRIEND:

Henry Dodge Office Building  
199 County Road DF  
Juneau, WI 53039



Connecting You with  
Supports and Services



199 County Road DF - 3<sup>rd</sup> Floor • Juneau, Wisconsin 53039  
920-386-3580 or 800-924-6407

## ADRC/Aging Services Supervisor Report

*From the Desk of Kris Schefft*



In 2018, the Aging and Disability Resource Center participated in a state survey through Analytic Insights. In this report on the quality of work done by resource specialists in Dodge County, it is noted we continue to provide excellent customer service, useful information, and the results of consumers' willingness to recommend to others at 98.9%.

We continue to welcome new staff as we had many retirements. In 2018, we hired a new Dementia Care Specialist, Disability Benefit Specialist, Support Staff, and Community Education Coordinator. This continues to keep us fresh and adding ideas to our programs. Events included a celebration for our 10<sup>th</sup> Birthday Party/Brat Fry, Open House, and a Caregiver Spring Conference to support caregivers to self-identify and ask for help.

We helped initiate Dementia Friendly Dodge, a group of interested individuals who will help train businesses and others on supporting families and people with dementia. With our Dementia Innovations Grant, we partnered with the Alzheimer's Association and held a Dementia Resources Conference with 150 attendees here in the Henry Dodge Office Building. Our outreach in all programs is working, and our numbers continue to grow in all areas. This past year, our average inquiries were 650 per month.

In 2019, we look forward to improving systems and have combined the ADRC and Aging Board, are collaborating with our peers including Dementia Friendly Dodge, continue to grow our programs to age well, and offer more education and supports to those in our communities. We continue to grow our volunteer base to augment the never-ending "to-do" lists that creative minds produce, but which gives us top-notch service delivery to our consumers, the residents of Dodge County.

## January 2019

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## Aging, Nutrition, and Transportation Supervisor Report

*From the Desk of Amy Ewerdt*

**A Year in Review:** A lot of good changes have come about this past year for the Nutrition Program. As we have started to see a greater need for home delivered meals throughout Dodge County, we have made some necessary changes. Two of our ten dining sites were closed this year in order to meet the increasing demands for home delivered meals. After quite a few years of not having a route in the town of Beaver Dam we were able to start one again. We have also expanded our services to Brownsville, Burnett, and outside of Watertown.

A special thank you for the volunteers that stepped up to help make this all happen! Our Transportation Program is growing as well. In February, we received two new minivans, which were much needed to update our fleet of vehicles. We have had quite a few new volunteer drivers join our team, which allows us to better meet the needs of our county participants.

Do you have a talent that you would be willing to share? Are you looking for a way to help back in your community? We have multiple volunteer opportunities that are ongoing as well as one time needs. We welcome any new suggestions and ideas you may have and hope to chat with you in 2019!



The ADRC and  
Aging  
Programs in  
Dodge  
County  
are just a  
phone  
call away!



920-386-3580  
or  
800-924-6407



## Aging & Disability Resource Center of Dodge County

199 County Road DF - Juneau, WI

### Staff Directory



ADRC/Aging Services Supervisor.....Kris Schefft  
 Aging/Nutrition/Transportation Supervisor.....Amy Ewerdt  
 Aging & Disability Resource  
 Specialists.....Diane Coulter, Pam Couperus, Mary Delgado,  
 .....Heather Ehrlich, Lynn Lothen, Vicki Zimmerman  
 Caregiver Program Coordinator.....Catherine Knickelbein  
 Community Education Coordinator.....Olivia Gerritson  
 Customer Service & Support Staff.....Jackie Wendlandt &  
 .....Jeannette Moon  
 Dementia Care Specialist.....Rob Griesel  
 Dining Center Managers.....Patricia Beske, Amy Bradley-Schultz,  
 .....Inez Feilbach, Judy Hedstrom,  
 .....Jane Hilgendorf, Barbara May, Rose Newman,  
 .....Marcey Sage, Judy Schraufnagel,  
 .....Linda Zastrow, Joan Zehner  
 Disability Benefit Specialist.....Ashley Sanborn  
 Elder Benefit Specialist.....Amanda Higgins  
 Transportation Staff.....Bev Behm &  
 .....Mitch Matuszeski  
 Van Drivers.....Mark Callies, Jerry Groehler, Mike Falkinham,  
 .....John Leitner, Dave Pasewald, Bruce Wiese



Hello! My name is Olivia Gerritson and I am the new Community Education Coordinator for the Dodge County Aging and Disability Resource Center. Part of my job is to coordinate and facilitate the different evidence based workshops throughout Dodge County.

I am a recent graduate of the University of Wisconsin La Crosse, where I got my Bachelors of Science degree in Public Health and Community Health Education. Prior to this position, I was an intern at Waupun City Hall where I worked on an Aging in Place proposal for the city, and I also worked at the Waupun Family Aquatic Center during my summers off from school. I love being out on the lake with my friends and family, as well as going to country concerts. I also enjoy traveling to east coast to visit my boyfriend, who is currently in the military. I am excited to see what my future as a Community Education Coordinator brings!



I'm Jerry Groehler. I started in October as one of the new van drivers. My wife Carmen and I just celebrated our 40th wedding anniversary. We have three married daughters and nine grandchildren. We have a hobby farm in Lebanon and very much enjoy the rural life. I enjoy the comradery of the diverse people you meet in this position. I worked as a transporter for Lake Country Health & Rehab so this position gets back to fulfilling what I enjoyed. Being a former solo truck driver, this is a different interaction between passengers as well as other drivers. In my spare time I love to swim, spend time with my wife, children, and grandchildren as well drive to Arizona to transport and visit family.



## Thank You



The new year brings new changes, one of the biggest changes is losing our in house printing service. We thank you, John, so much for your dedication in ensuring the residents of Dodge County received this newsletter year after year. The ADRC could not have taken their marketing to the next level without your area of expertise. You're always willing to do whatever was needed regardless of the high demand for your service and in a timely manner. You took pride in every job you did and it never went unappreciated. We are grateful for your time and reliability! It's bittersweet but we wish you all the best in your future endeavors! ♥








## Helping Caregivers Manage Dementia

The following excerpt from an article by *Lauren Gravitz* helps explain why it is important for caregivers to get help in understanding the disease(s) that they are dealing with. To read the full article go to <https://www.npr.org/sections/health-shots/2018/09/15/647992785/to-manage-dementia-well-start-with-the-caregivers>.



If you are a caregiver who needs help with this, please call  the at 920-386-3580.

When Kate Sieloff's husband, Karl, began acting strange, she didn't know where to turn. Her hard-working, affectionate spouse was suddenly having fits of anger and aggression. He stopped paying the bills. Because the problems were sporadic, most people in her life couldn't see what was going on. They told Kate that she was imagining things. Doctors suggested that Karl was depressed and tried him on a variety of medications. When he began depleting their savings on impulsive purchases, and grew even more aggressive and violent, her son—a neurologist at the University of Michigan's medical center in Ann Arbor—insisted she bring Karl to his hospital for evaluation. Doctors there quickly diagnosed him with frontotemporal dementia.

For Kate, the diagnosis was a relief, but she still felt overwhelmed and needed help coping with her husband's illness. Starting him on a mood stabilizer and a new antidepressant helped control his mood swings while restoring some of his loving personality. But there is no drug that can prevent or stop the eventual progression of dementia. What she needed was something that could help make her day-to-day caregiving more tolerable, and strategies to help him when the confusion set in. The difficulty isn't the memory loss, but the behaviors that accompany it — everything from anger to petulance to violence to depression.



Kate found Dr. Helen Kales and her team at the Program for Positive Aging. "We think about dementia as a problem with memory, but it's really behavioral," says Kales. "If you look at the medications being used, they're all psychiatric and used to manage behavior: antipsychotics, antidepressants, and sleep medication. Anxiety medication. We even use mood stabilizers." Yet despite the millions of dollars spent on these drugs, studies have shown that their helpfulness in treating dementia is typically quite small. Rather, research suggests that it's far better to use behavioral and environmental approaches — ones that are sensitive to, and focus on, the needs of a patient, Kales says. "Particularly when you train family caregivers to deliver them in the home."

"We realized we needed to do something different... We need to take the daily treatment and management of these patients out of the hands of physicians and put it into the hands of the caregivers themselves" said Kales. The team has developed the **DICE** method — an acronym representing the four main steps of the process. Those steps are: **Describe** a behavior, thinking about what happens and the context in which it occurs; **Investigate** its possible causes; **Create** and implement a plan to address the behavior; and **evaluate** the results to determine what worked. As an example, Kales points to one of her patients, who came into the clinic with his daughter. The daughter mentioned that her dad had been extra ornery that morning, swatting at her as she tried to get him into the car. A physical exam showed that he was experiencing pain in one of his arms, so Kales sent him for an X-ray, which revealed a torn rotator cuff which could then be treated.

Caregivers, we are here to help. If you need help trying to figure out a behavior, call our Dementia Care Specialist Rob Griesel at **920-386-3580**.

**YOUR BENEFIT NEWS***Submitted by Amanda Higgins, Dodge County Elder Benefit Specialist***Social Security Administration Announces 2019 COLA**

Beneficiaries receiving Social Security retirement, survivors, and disability benefits will see a modest increase in their monthly benefit in 2019. The Social Security Administration announced beneficiaries will receive a 2.8% increase due to the cost of living adjustment (COLA). The 2019 numbers are as follows:

	2018	2019
Federal SSI - individual	\$750	\$771
Federal SSI - couple	\$1,125	\$1,157
Quarter of coverage	\$1,320	\$1,360
SGA - non-blind person	\$1,180	\$1,220
SGA - blind person	\$1,970	\$2,040
Earnings limit (those receiving SS retirement benefits under full retirement age)	\$17,040 (\$1,420/mo.) \$1 in SSA benefits withheld for every \$2 above limit	\$17,640 (\$1,470) \$1 in SSA benefits withheld for every \$2 above limit
Earnings limit (receiving benefits in the calendar year full retirement age is attained)	\$45,360 (\$3,780/mo.) \$1 withheld for \$3 above limit	\$46,920 (\$3,910/mo.) \$1 withheld for \$3 above limit
Maximum SS benefit for worker retiring at full retirement age	\$2,788	\$2,861

**2019 Medicare Numbers Released**

The Centers for Medicare & Medicaid Services (CMS) announced the 2019 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B. Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of beneficiaries receive premium-free Medicare Part A because they at least 40 work quarters paying into Medicare taxes.

**Medicare Part A Costs**

	2018	2019
Premium with 40 work credits	\$0	\$0
Premium > 30 work credits	\$232	240
Premium < 30 work credits	\$422	\$437
Deductible (per benefit period)	\$1,340	\$1,364
Daily coinsurance in hospital days 61-90	\$335	\$341
Daily coinsurance in hospital days 91-150	\$670	\$682
Daily coinsurance in a skilled nursing facility, days 21-100	\$167.50	\$170.50

**Medicare Part B Costs**

	2018	2019
Monthly Premium	\$134	\$135.50
Annual Deductible	\$183	\$185

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless qualify for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis.

*Published with permission from the Legal Services Team at the  
GWAAR Elder Law & Advocacy Center.*

If you want more information, for residents age 60 and older, contact the Dodge County Elder Benefit Specialist at the Aging and Disability Resource Center (ADRC)



**2<sup>nd</sup> Friday of the Month: 2:30 to 4:00 pm**  
**Hosted at alternating locations in Dodge County**  
**Please Join Us!**



**Friday, January 9** Topic: Paint like Pollock

UnMasked Expressive Therapies  
207 N. Spring St. - Beaver Dam



**Friday, February 9** Topic: Our Favorite Flower and Vegetable



Administration Building  
127 E. Oak St. - Juneau



**Friday, March 8** Topic: Tricky Tracks

Horicon Marsh Education & Visitor Center  
N7725 Hwy 28 - Horicon



**Space is limited and  
reservations are  
required. Please call  
the ADRC at  
920-386-3580  
to register today.**

## **Dementia Friendly Communities Continuing to Grow in Dodge County!**



Dementia Friendly Dodge is proud to announce there are now a total of **4** businesses that have become **dementia friendly**. Waupun Senior Center, Rock River Eye Care and Viaggio, LLC both in Waupun, as well as Church Health Services in Beaver Dam invested their time in 2018 to become dementia aware.

A growing number of businesses and organizations in the area are starting to display small purple angels, an indication that employees inside have been trained in how to recognize customers with dementia and how to best assist them and their caregivers.

Many people suffering from dementia are still out in the community. Sometimes if those around them do not recognize the symptoms of a person with dementia, they may misinterpret their behavior. The effort to establish a dementia friendly community is so important as it provides the opportunity for businesses and organizations to make a difference. Becoming more sensitive and aware of how difficult daily living is to the person with dementia is so important.

It's not just the person's response to someone with dementia that matters, but the physical building can also be looked at to become more dementia friendly. Signs should be easy to find and read, carpets and walls should be plain and calming, spaces well lit and organized. We can't change the fact a person has dementia, but we can support that person, their caregivers, and their families. The goal of a dementia friendly community is to educate, raise awareness, create trust, remove stigma, and create a better shared future.

For more information on Dementia Friendly Communities or to find out how you can help, please contact Rob Griesel, Dementia Care Specialist, at the ADRC of Dodge County at 920-386-4308 or email [rgriesel@co.dodge.wi.us](mailto:rgriesel@co.dodge.wi.us).







## TO ALL YOUNG ADULTS NEAR 17.5 YEARS OLD....

### THE ADRC IS YOUR FRIEND

If you are one or know of an adolescent nearing the age of 17<sup>1/2</sup> that has a challenge(s) physically, medically and/or cognitively, and/or receives special needs education - READ THIS NOW.

The ADRC Transition Specialists want to hear from you and your family as we can guide you to the Possible resources needed as you/loved one enters the adult world in housing, employment, disability income, secondary education, decision making...many other areas of life!

Your 18<sup>th</sup> birthday marks an important milestone of life - leaving childhood behind and entering life as an adult.

Many changes in disability services occur when a student is between the age of 18 and 21 and those changes can occur much more smoothly with the ADRC Transition Specialists' help prior to turning 18 (best time to call is at 17<sup>1/2</sup>).

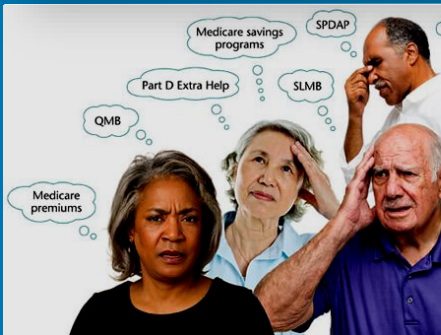
The ADRC of Dodge County's intent is to help every young adult with disabilities and his/her family make the transition with knowledge, ease, and little stress. The ADRC can help you understand your new rights and responsibilities, determine your immediate and future care needs, and evaluate your options for meeting those needs. The ADRC provides links to resources and organizations that will help you make informed choices about living as an adult in Dodge County.

Beginning six months before your 18<sup>th</sup> birthday, the ADRC can help you, your family, and your school transition team make the transition process seamless, productive, and worthwhile. We can help you identify the questions to ask and find answers specifically tailored to your situation.

To learn more about our transition assistance, call the ADRC now and we can start this journey as you or your loved one is nearing 17.5! We can explain that magical number when you call us!

As always there is no charge for ADRC Services.

~ the ADRC Transition Team



## 2019 Welcome To Medicare Workshops

Are you or someone you know turning 65 this year?  
Confused about your Medicare options?  
What plan is right for you?  
Come learn about the A, B, C, and D's of Medicare.



**Thursday, January 17, 2019**

Tuesday, February 19, 2019

Thursday, March 21, 2019

**Tuesday, April 16, 2019**

Monday, May 20, 2019

Thursday, June 6, 2019

**Thursday, July 18, 2019**

Monday, August 12, 2019

Tuesday, September 10, 2019

**Monday, October 7, 2019**

**Thursday, November 7, 2019**

**1:00 pm-4:00pm\***

9:00am-Noon

1:00pm-4:00pm

**9:00am-Noon\***

4:00pm-7:00pm

1:00pm-4:00pm

**9:00am-Noon\***

9:00am-Noon

1:00pm-4:00pm

**9:00am-Noon\***

**4:00pm-7:00pm\***

Your local Benefit Specialist will explain the A, B, C, and D's of Medicare in addition to other public benefits. The workshops can be helpful to ANY Medicare beneficiary who is aged **60 years old or older**.

Call the ADRC at **920-386-3580** to register.

**\*indicates the class is also open to any persons under 60 who are or will be eligible for Medicare in the upcoming months**

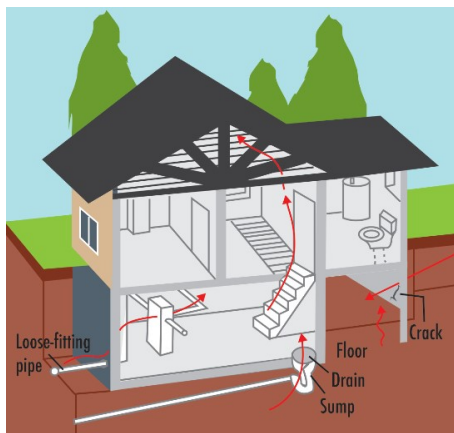


## Protect Yourself from the Dangers of Radon

*January is  
National Radon Action  
Month*

January is National Radon Action Month, and the Dodge County Human Services and Health Department is warning citizens about exposure to this colorless, odorless, radioactive gas is the nation's leading cause of lung cancer among non-smokers and second leading cause of lung cancer among smokers.

Radon is naturally present in the ground and can enter buildings through their foundations. Both old and newer homes can be susceptible to radon. The only way to know the level of radon in your home is to test it.



The Dodge County Human Services and Health Department – Public Health Unit offers free radon test kits to citizens while supplies last.

State statistics indicate that between 5 and 10 percent of homes in Wisconsin have elevated airborne concentrations of radon in significantly occupied spaces.

More than 80 radon mitigation contractors in Wisconsin are nationally certified and install highly effective soil-depressurization radon control systems.

Thousands of systems are installed in existing homes in Wisconsin each year. New construction should include features to reduce radon entry recommended by the standards for green building from the National Association of Home Builders.

Radon test kits can be obtained free of charge, while supplies last, from:

- ♦ Dodge County Public Health Unit  
199 County Road DF in Juneau
- ♦ Watertown Dept. of Public Health  
515 S. First St. in Watertown
- ♦ Jefferson County Health Dept.  
1541 Annex Rd in Jefferson.

You can find more information about radon on the DHS website at

<http://www.lowradon.org>

*Submitted by Abby Sauer, RN BSN  
Dodge County Public Health Officer*

## Meet Our Dodge County Public Health Officer!



My name is Abby Sauer and I started in my new position as

Dodge County Public Health Officer in August 2018 but I have been working for Dodge County as a Public Health Nurse for 6 years. I really enjoy what I do and I am very passionate about preventing diseases, promoting health, and protecting the health of the people of Dodge County. My background is in long-term care, clinical nursing, and hospital nursing. I served in the Wisconsin Army National Guard for 12 years as a medical specialist and nurse; I had the honor of serving my country overseas with a deployment to Baghdad Iraq for a yearlong tour in 2004.

In my spare time, I love spending time with my family, running, and reading books.



The Aging & Disability Resource Center is the best source of information for older adults and individuals with disabilities in Dodge County.

**I'd like to receive the ADRC newsletter at home!**

Please add my name to your mailing list.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

☐ I have a change of address

## Mail to:

ADRC of Dodge County  
199 County Road DF - 3rd floor  
Juneau, WI 53039







# Disability Benefit Specialist News

Submitted by Ashley Sanborn, DBS

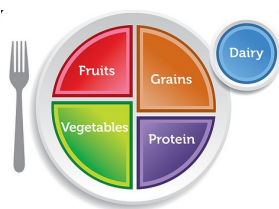
## Differences Between SSI vs. SSDI

<b>Supplemental Security Income (SSI)</b>	<b>Social Security Disability Insurance (SSDI)</b>
<b>Must be of age or found disabled to qualify for either program</b> (a debilitating condition lasting more than 12 months or death)	
Needs based program	No asset limits
Limited Income & Assets	No income limit except wages earned
NO work credit requirements	Work credit requirements
Automatic Medicaid eligibility	Medicare eligibility after 24 months
Where and who you live with can affect your benefit amount	Living arrangements do not affect benefit amount
Benefit amount is based on Federal and State laws	Benefit amount is based on your lifetime earnings
Funded through general government revenues	Financed by employer and wage contributions (FICA taxes)
No benefits for family members or survivors	Can provide benefits to eligible family members and survivors
<b>Benefit types</b> Aged (65 and older) Disability (Adults & children) Blindness (Adults & Children)	<b>Benefit Types</b> Retirement (Age 62 & older) Survivor Disability (includes blindness)
Wages & income affect benefit amount Eligible individuals may receive additional benefits, such as the WI State Supplement, and/or Caretaker Supplement, and/or SSI-E	Only income earned through wages over \$1220 per month affect your benefit. (In 2019)

A Disability Benefit Specialist, often referred to as a DBS, provides services to adults ages 18-59 who have physical disabilities, developmental disabilities, mental illness, and/or substance use disorders that make it hard to work or perform other activities of daily life. A DBS can help with Medicaid, SSDI, Medicare, FoodShare, insurance issues, housing and utility issues, and other public and private programs. To schedule an appointment with the Dodge County DBS, contact the ADRC of Dodge County.



# Senior Dining Menus



Call 800-924-6407 or  
920-386-3580 the day  
before to register for  
a hot, noon meal

	Mon	Tues	Wed	Thurs	Fri
J A N U A R Y		1 CLOSED New Year's Day	2 Roast Pork Loin Mashed Potatoes	3 Beef Stew Tossed Salad	4 Orange Chicken Baby Reds
	7 Swedish Meatballs Mashed Potatoes	8 Chili Casserole Corn	9 Baked Chicken Twice Baked Potatoes	10 Ham Rolls Sweet Potato Bake	11 Pepper Steak Baked Potato
	14 Ring Bologna Red Beans & Rice	15 Chicken Marsala Baby Reds	16 Salisbury Steak Mashed Potatoes	17 Chicken Chow Mein over Brown Rice	18 Pork Jaegerschnitzel Mashed Potatoes
	21 Baked Spaghetti Broccoli Cuts	22 Hamburger on a Bun Baked Beans	23 Baked Chicken Garlic Mashed Potatoes	24 Honey Mustard Meatballs Baked Potato	25 Chicken Tetrizzini Casserole Winter Blend Veggies
	28 Swiss Steak Mashed Potatoes	29 Meatloaf Au Gratin Potatoes	30 Mushroom Pork Cutlet Mashed Potatoes	31 Chicken Teriyaki Calico Bean Casserole	
F E B R U A R Y					1 Crispy Fish Fillet German Potato Salad
	4 Chicken Breast Mashed Potatoes	5 Hawaiian Meatballs Baby Reds	6 Chopped Steak in Burg/Mush Sce Mashed Potatoes	7 Lasagna Casserole Italian Blend Veggies	8 Bratwurst on a Bun Baked Beans
	11 Pot Roast Baby Reds	12 BBQ Pork Cutlet Red Beans & Rice	13 Baked Chicken Garlic Mashed Potatoes	14 Meatloaf Baked Potato	15 Chili Casserole California Blend Vegetables
	18 Roast Turkey Mashed Potatoes	19 Beef Stroganoff Casserole Tossed Salad	20 Pork Steak Mashed Potatoes	21 Cranberry & Kraut Meatballs White Bean Salad	22 Escalloped Potatoes & Ham Winter Blend Veggies
	25 Chicken Cacciatore Baby Reds	26 Ham Rolls Sweet Potato Bake	27 Salisbury Steak Mashed Potatoes	28 Chicken White Chili Broccoli Cuts	
M A R C H					1 Country Fried Steak Mashed Potatoes
	4 Roast Pork Loin Mashed Potatoes	5 Baked Chicken American Potato Salad	6 Crispy Fish Fillet Baked Beans	7 Glazed Ham Squash	8 Macaroni & Cheese Tossed Salad
	11 Swiss Steak Mashed Potatoes	12 Chicken Marsala Baked Potato	13 Hungarian Goulash Green Beans	14 Swedish Meatballs Mashed Potatoes	15 Salmon Loaf Calico Bean Casserole
	18 Corned Beef, Cabbage, & Carrots	19 Baked Spaghetti Italian Blend Veggies	20 Chicken Breast Mashed Potatoes	21 Smoked Sausage Red Beans & Rice	22 Tuna Casserole Wax Beans
	25 Roast Turkey Mashed Potatoes	26 Meatloaf Baked Potato	27 Baked Chicken Garlic Mashed Potatoes	28 Beef Stew Tossed Salad	29 Seafood Creole over Brown Rice Carrots



# AMY'S FIT BITS!







You may not know this about me, but I care deeply about keeping foods safe in order to keep you safe! I have been called a “Food Nazi” as I make comments about food handling and storage. I feel compelled to educate others about proper food handling and storage as an effort to keep you as healthy as possible. Here are some helpful tips to guide you in keeping your own foods safe. Start here and join me in educating others!

Whether you are an experienced cook or preparing your first meal, keep these food safety tips in mind.

- Cooking meat to proper internal temperatures ensures the safety of your meal as well as the taste. Use a food thermometer to check for doneness. Keep this cheat sheet nearby your stove or grill for quick reference. After two hours, harmful bacteria can multiply rapidly, putting you and your guests at risk of food poisoning. Keep your foods safe by promptly refrigerating foods below 40°F within two hours.
- Always reheat leftover foods to an internal temperature of 165°F.
- Pack perishable lunch foods in an insulated bag and add an ice pack to make sure foods stay properly chilled.
- Wash ready-to eat fruits such as pears and plums and don't forget to wash fruits with skin such as limes, oranges and lemons as well. This will help to eliminate harmful bacteria that can spread during peeling or cutting.

*“An ounce of prevention is worth a pound of cure.”  
- Benjamin Franklin*

guide to internal meat temperatures													
 beef & red meats	<table><tr><td>rare</td><td>120° - 125°f</td></tr><tr><td>med rare</td><td>130° - 135°f</td></tr><tr><td>medium</td><td>140° - 145°f</td></tr><tr><td>med well</td><td>150° - 155°f</td></tr><tr><td>well</td><td>160° - 165°f</td></tr><tr><td>ground</td><td>160°f</td></tr></table>	rare	120° - 125°f	med rare	130° - 135°f	medium	140° - 145°f	med well	150° - 155°f	well	160° - 165°f	ground	160°f
rare	120° - 125°f												
med rare	130° - 135°f												
medium	140° - 145°f												
med well	150° - 155°f												
well	160° - 165°f												
ground	160°f												
 poultry	<table><tr><td>whole</td><td>165°f (in thigh)</td></tr><tr><td>pieces</td><td>165°f</td></tr><tr><td>ground</td><td>165°f</td></tr></table>	whole	165°f (in thigh)	pieces	165°f	ground	165°f						
whole	165°f (in thigh)												
pieces	165°f												
ground	165°f												
 pork	<table><tr><td>med rare</td><td>130° - 135°f</td></tr><tr><td>medium</td><td>140° - 145°f</td></tr><tr><td>med well</td><td>150° - 155°f</td></tr><tr><td>well</td><td>160° - 165°f</td></tr><tr><td>ground</td><td>160°f</td></tr></table>	med rare	130° - 135°f	medium	140° - 145°f	med well	150° - 155°f	well	160° - 165°f	ground	160°f		
med rare	130° - 135°f												
medium	140° - 145°f												
med well	150° - 155°f												
well	160° - 165°f												
ground	160°f												
 fish & seafood	<table><tr><td>any variety</td><td>145°f</td></tr></table>	any variety	145°f										
any variety	145°f												

## Winter Weather Preparedness

The Human Services & Health Department makes every effort to continue services including meals and rides in spite of the weather; however, every now and then a winter storm is too much. Please watch and listen to local TV and radio stations during inclement weather in Dodge County to see if senior dining and transportation are closed.

### Radio Stations:

1430 AM – WBEV – Beaver Dam  
95.3 FM – WXRO – Beaver Dam  
620 AM – WTJM  
94.5 FM – WTKI  
98.7 FM – WMDC – Mayville  
1540 AM – WTKM – Hartford  
104.9 FM – WTKM – Hartford

### TV Stations:

Channel 3000  
Today's TMJ4  
WISN TV 12  
WITI FOX 6  
WMLW CBS 58







# CALENDAR OF ADRC EVENTS

If you would like more information or would like to register for any of the following events, please call the ADRC at 920-386-3580

## January 2 from 1-4 pm (call ADRC for verification)

Dodge County Pro Bono Legal Information Project  
Meets 1st Wednesday of every month  
Held at the Henry Dodge Office Building in Juneau

## January 8 from 1-2 pm

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau

## January 11 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss  
Held at UnMasked Expressive Therapies in Beaver Dam. Meets at various locations in Dodge County the 2nd Friday of the month.

## January 17 from 1-4 pm

Welcome to Medicare Workshop (ages 60+)  
Held at the Henry Dodge Office Building in Juneau

## February 5 from 1-2 pm

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau



## February 6 from 1-4 pm (call ADRC for verification)

Dodge County Pro Bono Legal Information Project  
Meets 1st Wednesday of every month  
Held at the Henry Dodge Office Building in Juneau

## February 8 from 2:30-4:30 pm



SPARK! Cultural Programming for People with Memory Loss  
Held at Horicon Marsh Education & Visitor Center in Horicon. Meets at various locations in Dodge County the 2nd Friday of the month.

## February 19 from 9 am-Noon

Welcome to Medicare Workshop (ages 60+)  
Held at the Henry Dodge Office Building in Juneau

## March 5 from 1-2 pm

Monthly Caregiver Support Group  
Meets 1st Tuesday of every month  
Held at the Henry Dodge Office Building in Juneau

## March 6 from 1-4 pm (call ADRC for verification)

Dodge County Pro Bono Legal Information Project  
Meets 1st Wednesday of every month  
Held at the Henry Dodge Office Building in Juneau

## March 8 from 2:30-4:30 pm

SPARK! Cultural Programming for People with Memory Loss  
Held at Dodge County Administration Building in Juneau. Meets at various locations in Dodge County the 2nd Friday of the month.

## March 21 - time to be determined

Family Caregiver Skills Fair

## March 21 from 1-4 pm

Welcome to Medicare Workshop (ages 60+)  
Held at the Henry Dodge Office Building in Juneau



## Elder Benefit Specialist Office Hours

1st Wed. of month 10 am-Noon @ Watermark  
2nd Thurs. of month 1-3 pm @ Bay Shore  
4th Mon. of month 10am-Noon @ Wtnn Senior Ctr

